



Food ID: F271

Food name and Description: Pork skin, seasoned, roasted

Scientific name: *Sus scrofa scrofa*

Alternate/Common name(s): Baboy balat, litson

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	13.8
Energy, calculated (kcal)	559
Protein (g)	33
Total Fat (g)	47.4
Carbohydrate, total (g)	0
Ash, total (g)	1.1

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	0.6

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	12
Phosphorus, P (mg)	45
Iron, Fe (mg)	0.8
Potassium, K (mg)	183
Sodium, Na (mg)	232
Zinc, Zn (mg)	0.7

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	76
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	76
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.03
Niacin (mg)	0.9
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	17.15
Caproic, C6 (g)	0

Caprylic, C8 (g)	0.93
Capric, C10 (g)	0.11
Lauric, C12 (g)	1.51
Myristic, C14 (g)	2.87
Palmitic, C16 (g)	9.28
Stearic, C18 (g)	3.29
Arachidic, C20 (g)	0
Behenic, C22 (g)	0
Lignoceric, C24 (g)	0
Fatty acids, monounsaturated, total (g)	13.23
Oleic , C18:1 (g)	13.23
Fatty acids, polyunsaturated, total(g)	4.83
Linoleic, C18:2 (g)	4.48
Linolenic, C18:3 (g)	0.35
Cholesterol (mg)	104